

Child Care Health Consultation Lesson Plan

Contractor Name: Andrew County Health Department

Date Submitted: May 1, 2015

☐ **Children's Health Promotion**

Adult Training on Content Area V: Health and Safety

Health and Safety Standards

Training Levels

☐ Promoting Risk Management Practices

☐ 1 ☒ 2 ☐ 3 ☐ 4 ☐ 5

☐ Protecting Children and Youth

Source:

Core Competencies for Early Childhood and Youth Development Professionals
(Kansas and Missouri), 2011

Select one standard and one level

☐ Promoting Physical Health

☐ Promoting Mental Health

☒ Promoting Healthy Eating

Title: What Happens to the Extras

Training Goal: Participants will discuss nutrients in foods, how food is used in the body as fuel, and properties of foods and their preparation that make for more healthful and satisfying meals and snacks for children

Learning Objective(s): Participants will

- Review Nutrients in foods (Carbohydrates, fats, proteins)
- Discuss food properties that make for healthy fuel for growth and development
- Discuss food preparation to make the best use of food nutrients for children
- Discuss what happens if food (fuel) is consumed and not used by the body

Topical Outline of Content	Training Method(s)	Time (in minutes)
Introduction of topic	Discussion	5 min
Breaking down food into nutrients—most food has multiple nutrients in it	Discussion/Q & A	10 min
Nutrients—Carbohydrates, Proteins, and Fats; Vitamins and Minerals	Discussion/Q & A	15 min
Digestion of food and use by the body as fuel; recommendations for limits on carbohydrates	Discussion/Q & A	10 min
Food preparation for keeping kids satisfied and healthy (loss of nutrients during cooking process; raw & fresh foods take longer to digest, therefore satisfy longer)	Discussion/Q & A	10 min
Fuel that isn't used (due to lack of physical activity) is stored in fat! (Consume less, exercise more)	Discussion/Q & A	10 min
Resources for health: American Heart Association www.heart.org Centers for Disease Control & Prevention www.cdc.gov USDA www.choosemyplate.gov Academy of Nutrition and Dietetics www.eatright.org		Total time: 1 hour

Method(s) of Outcome Evaluation: Discussion based Q & A, verbal responses to discussion

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Date Approved:
May 14, 2015

Authorized Approval Signature:



Date Expires:
May, 2018